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Does Quality of Sitting influence Functional Mobility in Cerebral Palsy? A cross-sectional study

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Does Quality of Sitting influence Functional Mobility in Cerebral Palsy? A cross-sectional study

Background: Cerebral Palsy (CP) is characterized by neuromuscular deficits leading to impaired posture and movement development, which limits performance of functional tasks. Children with CP hence exhibit various compensatory postures and strategies while performing functional activities during sitting and ambulation. Sitting and mobility are essential components of function and it is, hence, important to assess them individually and their influence on each other. This study thus, aims to understand whether an association exists between quality of sitting and functional mobility in children with CP.

Methodology: The study recruited 20 children with CP aged 6-12 years. Quality of sitting and functional mobility were assessed using Level of Sitting Scale (LSS) and modified Timed Up and Go Test (mTUG) respectively.

Results: A significant difference was established between the mTUG durations across the LSS levels ($p < .001$) and persisted when analyzed within the same GMFCS level ($p < 0.05$), indicating an association between the variables.

Conclusion: An association between the quality of sitting and functional mobility exists, indicating the crucial role of trunk control in functional mobility. This evidence can be used to plan informed and precise intervention plans, involving trunk control while planning rehabilitation goals and strategies, aimed at enhancing functional mobility in children with CP.